

The Community Living Well Service: Self-Care Project

Voluntary Organisation Forum

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Self Care in CLW

North West London Context

- Self-Care is an approach to health which **helps people to keep themselves well** and gives them the knowledge to share in decisions about illness, from diagnosis to treatment and recovery. Self-Care covers a spectrum of activities from simple management of self-limiting conditions to those designed to support patients living with long term conditions
- Aim: to empower and support people to maintain independence and to lead full lives as active participants in their community.

What this means in a mental health context

- Self care: originally envisaged as: online self-help platform, networked access to a range of community-based services, activities and leisure opportunities
- Aims:
 - Enabling people to take more control of their mental and physical health and wellbeing by strengthening psychosocial, life and coping skills.
 - Helping reduce social isolation by providing opportunities to build social contact and make new friendships.
 - Empowering and supporting people to lead full lives as active participants in their communities through increased uptake of community, leisure, education, arts and volunteering opportunities
 - Supporting residents and communities to have a strong voice through community and CCG structures through encouraging collective action.

What commissioners want to achieve through the self care grant programme

- Identify what' already available
- Build on the expertise and local knowledge of the vibrant voluntary sector and service users and carers to identify and develop new opportunities
- Recognise funding we have is short term but gives opportunity to test ideas and to collect evidence



NHS

**West London
Clinical Commissioning Group**

Thank you

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The programme so far

- Discussions with colleagues
- Event held early November
 - Process and grant explained
 - Current services and gaps identified and service ideas invited
 - Aims and outcomes discussed
 - Referral pathways discussed

Who is it for

- People with stable long-term mental health needs
- Preventative needs
 - Registered with a CP in WLCCG area,
 - Not generally using secondary care

Next steps

Develop criteria, and outcomes and processes

Invite applications for services – December

Independent panel to assess applications –
January 2018

Set up payments, information and monitoring
systems

First payments made by end March 2018

KCSC

Manage the process

Support the panel

Manage the monitoring and evaluation

Criteria

Will except expansion of services (not double funding)

Would like to see innovation and can test concepts

Need to ensure services don't compete

Need an exit strategy